

Warning Signs of Diabetes

A COLLABORATION BETWEEN THE JORDAN BENNETT WEISS FUND AND THE CITY OF NEWTON HEALTH DEPARTMENT

JBW FUND – PO Box 590223 NEWTON CENTRE MA 02459 – JBWfund@aol.com

Familiarize yourself with the warning signs / symptoms of diabetes. Sometimes the symptoms are very obvious, and other times they are not. **Early detection and knowledge** of the warning signs is your greatest weapon against the disease and its complications!*

TYPE 1 DIABETES MELLITUS: *These symptoms often occur suddenly and must receive immediate medical attention.*

- * Excessive thirst
- * Frequent urination, sometimes exhibited by bedwetting (in large quantities)
- * Sudden vision changes
- * High amounts of sugar in the blood and/or urine (A sweet, fruity odor may be present in urine, on one's breath/body.)
- * Extreme hunger (increased appetite)
- * Rapid or unexplained weight loss
- * Fatigue (weak and tired)
- * Irritability and mood changes
- * Drowsiness, lethargy
- * Nausea and/or vomiting
- * Abdominal pain
- * Rapid, hard breathing (heavy, labored)
- * Confusion, Stupor, Unconsciousness

TYPE 2 DIABETES MELLITUS: *These symptoms occur gradually, however, they must receive immediate medical attention.*

- * Blurred vision
- * Tingling or numbness in the legs, feet or fingers
- * Frequent infections of the skin
- * Recurring skin, gum or urinary tract infections
- * Darker patches of skin usually in neck folds
- * Itching of skin and/or genitals
- * Drowsiness
- * Slow healing of cuts and bruises
- * Any of the symptoms listed under type 1 diabetes

*** PLEASE NOTE:** MANY OF THESE SYMPTOMS CAN BE RELATED TO ILLNESSES THAT ARE NOT ASSOCIATED WITH DIABETES, INCLUDING THE FLU. ONLY A HEALTHCARE PROFESSIONAL CAN PROVIDE APPROPRIATE DIAGNOSTIC TESTS AND TREATMENTS.